



VOL. I No. 1 Naval Regional Medical Center, Orlando, Florida

1 December 1978

★★★★ **NUMBER ONE!** ★★★★★

This is the first edition of VITAL SIGNS, which will be published on a monthly basis.

Publication of ship or station newspapers is authorized by the Department of the Navy, Publications and Printing Regulations, P-35 (Revised January 1974), and sanctioned by the Commanding Officer or Officer in Charge.

The purpose of publishing a ship or station newspaper is to inform, educate and entertain the personnel it serves. The CO has described VITAL SIGNS as a "medium providing vital communications to all hands...." We shall strive to be the best "medium" and to do so by maintaining the highest standards of quality, accuracy and good taste.

There have been significant contributions by several people in the organization, in the preparation and publication of the first edition of VITAL SIGNS. Mrs. Severna

Royce, Editor of the CENTERLINE, NTEC, has provided the staff with immeasurable technical assistance and advice. Tom Jones, Don Melcolm, and Bob Linquist of Navy Publications and Printing Service Branch Office have been extremely helpful by rendering professional expertise in developing the Mast Head and layout sheets. LT Thomas J. Jurkowsky, USN, PAO Officer, Naval Training Center, Orlando, provided the staff with advice and counsel concerning the do's and don'ts of publishing a command newspaper. To all of the aforementioned people, the staff of VITAL SIGNS is very appreciative.

Although a permanent staff has been designated and specific persons and groups requested to submit regular columns, the entire NRMC Orlando staff is requested and authorized to submit articles for consideration.

MERRY CHRISTMAS



SEASON'S GREETINGS



The Editor has asked me to offer the Season's Greetings for this first issue of VITAL SIGNS, and it is with great pleasure that I do so. I cannot think of a better way to introduce our new NRMC Orlando newspaper than with a sincere wish for peace on earth, good will toward men.

Christmas, Chanukah, and New Year's celebrations are family times, times for nostalgia. May this Season match the best of those you remember. One way to assure

such success is through giving -- not a material giving, but rather a giving of yourselves. Offer your Season's Greetings and good will toward those away from home and family who may find the holidays lonely. Look to your patients and to colleagues separated from their loved ones. Fill your Christmas stockings by helping to fill theirs.


-J. A. ZIMBLE

"SALE"**LOCKER**

TRANSFER CARPORT SALE! Our junk could be something you need! SAT & SUN, 9 and 10 DEC from 0900 to 1700 at 8302 Shaffer Dr. NTC Annex.

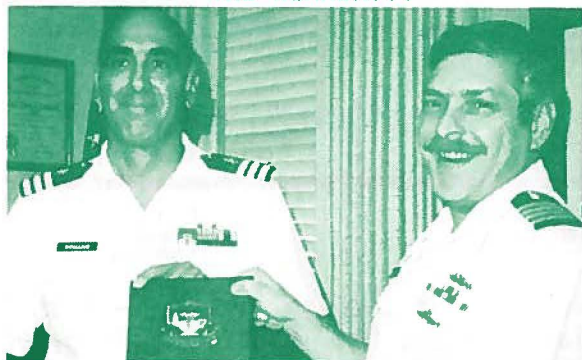
FOR SALE: Apt washer - excellent condition. \$40 or best offer. Call after 5:30 p.m. - 646-5342.

'73 BUICK LeSabre. 2 door Hardtop. Automatic. PS, PB, AM-FM, Tilt Steering. Good rubber. Alarm system. Navy blue w/ white top. \$1550. 671-2858.

WANTED - used banjo. Call 671-3964.

WHOOOIZZIT??

DO YOU KNOW THIS STAFF MEMBER??
(Answer on Page 8)

THE WINNER!!!

CDR C. Victor ROMANO, MC, USN, submitted the name of VITAL SIGNS and won the NRMC Orlando plaque.

**....from the
other side!**

NRMC Annex

By HM1 G. A. Coy, USN

WELCOME ABOARD to - HMCS and Mrs. R. H. CUPPER who reported here 9 NOV from NRMC, New Orleans. HMCS Cupper was assigned to the Annex as the Admin Asst/LCPO.

CONGRATS to - LT's BAEZ, ISSAC, SALEKER and TATUM who have been promoted to LCDR.

- HMC W. M. YOUNG, Physical Exam Section, who was selected for ENSIGN, MSC, USNR. Commissioning ceremony sometime in December.

LITTLE FEETS - HM3 and Mrs. T. Castle are the proud parents of a bouncing 6 lb, 13½ oz baby girl. Leigh Anne reported this command 30 OCT via OB Service.

DEPARTING - HM1 R. Moore, Master-at-Arms for the Annex will be reporting to the USS SARATOGA (CVA-60), homeported in Mayport, FL., mid February.

- HM2 O. Gonong, Recruit Admin Section, received orders to attend PMT School at NRMC, Oakland, CA.

VITAL SIGNS STAFF

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Commanding Officer: CAPTAIN J. A. ZIMBLE, MC, USN
Editor: HMCM(SS) R. C. CLEMENTS, USN

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VITAL SIGNS reserves the right to edit or reject copy to comply with its policy. In reprinting material appearing in VITAL SIGNS appropriate credit must be given.

RAMP**PAGE!**

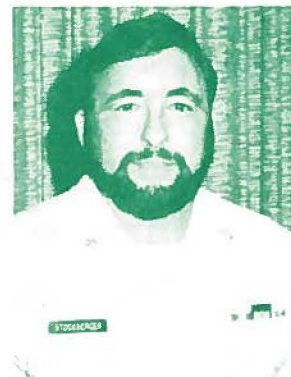
By HA Eileen Kehoe, USN

 WHAT DO YOU THINK OF THE IDEA OF THE NEW NRMC NEWSPAPER?



DOROTHY JOHNSON, Civilian Employee, Ward 10: I think it will be real good of them. We have the Nav-a-gator but this is just for the Hospital so that people will know what is happening over here at the hospital.

HMC JOHN STOCKBERGER, Nursing Service, Ward 8: I think it's a good idea... it should give out some interesting information for the staff. Information regarding sports activities and social activities in which our staff participates... it's necessary to let people in other areas that don't work together find out what the other areas are doing.

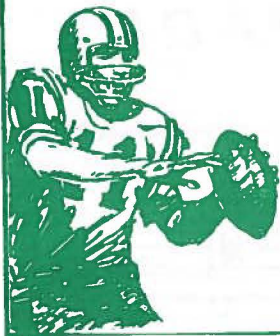


HN PATRICIA MCNAMARA, Wards 5 & 6: I think it's a good idea. It's a good way to keep people informed. I think people are more likely to read a newspaper than the Plan of the Day.

things that people just don't get the recognition for that they deserve. This will be nice for people that make Petty Officer or get special awards, etc. It would be nice to let their fellow workers know this. I think the paper should remember to have humor in it because we are all human beings and we all love to laugh.

HM3 BRIAN HURN, ICU, Ward 7: SUPER! I think it's very nice because there are a lot of





NavRegMedCen SPORTS



By HM3 Robert G. Greene, USN

IT'S BASKETBALL!

OUR TEAMS NEED OUR SUPPORT

The Naval Regional Medical Center is well represented in this year's Commander's Cup Basketball at NTC. Hospital #1 team is being coached by CDR Frank THOMAS and Hospital #2 team is coached by LTJG Ed McCORVEY. The coaches and the teams invite the members of the Staff to come to the games and cheer them on. They would really appreciate it. Let's ALL go and support our teams.

SCHEDULE FOR DECEMBER

7 DEC - 1730 HOSPITAL #2 vs RTC

11 DEC - 1730 HOSPITAL #1 vs DENTAL

14 DEC - 1730 HOSPITAL #2 vs DENTAL

1845 HOSPITAL #1 vs SSC

All games are played at the NTC Gym.

COMMANDER'S CUP LEAGUE UNDERWAY



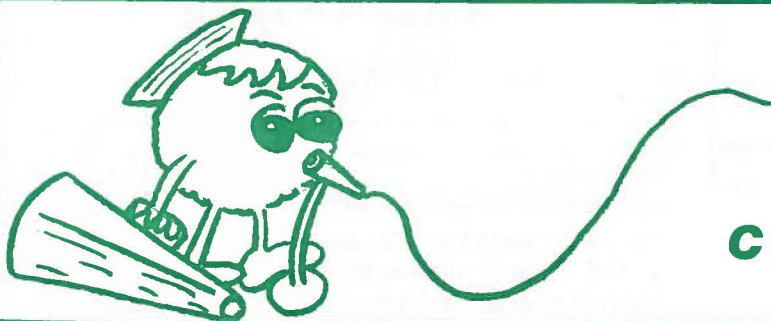
MIXED BOWLING LEAGUE



The Monday night Hospital Mixed Bowling League had its first position round roll-off on Monday, 13 November, and it proved to be a race between the top four teams in the League. The second place team, Paul and the Flip Flops, took 3 games from the first place team, the Over the Hill Gang, to move within 2 games of the League Leaders. The third place team, the Five Pins, split 2 and 2 with the fourth place, Baby Pins, to remain within 2 games of second place. The second quarter of bowling began on 20 November and is expected to be just as exciting as the first!

Captain David S. Boyd, USN, Commander, NTC, tossed up the first ball on 6 November to open the 1978 Commander's Cup Basketball League. The opening game featured our own Hospital #2 team pitted against a formidable Galley team. Galley, strong on offense and defense, defeated Hospital #2 by a resounding 45 points - 79 to 34.

The opening game for Hospital #1's season was against the Old Days - a team from Nuclear Power School. Hospital #1 came on strong and proved that the Old Days are long gone. Final score 84 - 50.



NURSING SERVICE COMMUNICATIONS

By CDR N. J. Stewart, NC, USN

When you tell people they have done a good job, you create a special kind of pride. It makes you want to try even harder. As human beings, we thrive on praise. But how many of us praise one another as much as we could? Many of us have a tendency to "take for granted" the jobs well done. We too frequently overlook the guy or gal who consistently does his/her job right.

Why do we not praise more than we do? We get in the rut of looking just for the problems and correcting them. So naturally we become critical and crack down on those folks who cause us problems.

Criticism doesn't motivate people as much as praise. When we criticize someone they may try harder, but its only because they HAVE to. When you praise someone, they try harder because they WANT to.....and almost always do much more than what is expected of them. Even when criticism is called for, you should try to work in some praise. Mention the good things a person has done as well as their weak spots that need strengthening. We all have the need to feel wanted, that what we are doing is appreciated. Sincere praise fills this need. Let us all try working with this very effective tool. I'll bet we can see the results in no time.

NRMC as a group gave 100% of their goal but only 76% participated in the Combined Federal Campaign. One of our sub-groups, the Nursing Staff at the Annex had 100% participation and gave over \$1,000. Twelve of the 33 staff members are Fair Share Holders

Pediatrics and Male Medicine have recently been combined on Ward 4. This was done in order to alleviate some of the nursing staff shortage. Mrs. McGlasson, RN, will

be the Charge Nurse and HN Martin will be Senior Corpsman. Captain Redgate wishes to thank all those staff members who helped make the move. Your efforts were greatly appreciated.

CONGRATULATIONS!!

To HN James Summitt (ICU) and HM3 Cathy O'Brien (ER) who were married on 19 OCT in Bedford, OH.

To HA Billy McNeil (Wd 12) and HA Coleen Sargent (Wd 6) who will be married on 1 DEC in the Base Chapel.

To HM3 Dennis Baker, (NP Tech., Wd 3A) and wife, Delores. Baby girl born on 11 OCT. Pettina Lucille weighed in at 3# 13 oz.

To LTJG John Thobe and wife, Susan. Baby girl born on 26 OCT. Lynette Erin Thobe weighed 7# 1 oz.

To MMC Lynn Rogers (USS FORRESTAL) and wife, Lois (RN on Wd 10). Baby girl on 2 NOV. Sarah Elizabeth weighed 7# 3 oz.

To HM3 Tony Mayo (ER) and wife, LTJG Virginia Mayo. Baby boy born on 6 NOV. Justin Patrick weighed 8# 3 oz.

To LT Carolyn Carlton recently promoted to LCDR.

To LT Bruce Guy recently promoted to LCDR.

To those recently promoted to HN: S. T. Wakefield, R. Forester, D. L. Felton, J. M. Donahue and D. D. Lynch.

To those recently promoted to HA: P. S. McClean, L. Lamb, and A. L. Scoggins.



Chaplain's

Comments

By LCDR I. O. CARTEE, CHC, USNR

TRIALS.....TRAGEDIES.....TRIUMPHS

Norman Vincent Peale tells the story that out west in the old gold country a prospector was led to believe that in a certain place there was a vein of gold. Day after day he worked long and hard, sinking his pick into the earth in an effort to find the gold. One day he became fed up; he'd had enough. Completely dejected, he swung his pick high over his head, drove it deep into the ground up to the shaft and said, "That's it," and walked away. Many years later a vein of gold of extraordinary richness was discovered eleven feet beyond where he had left his pick. By that time he was dead, the pick rusted and the handle worn away. The prize might have been his had he not become discouraged, had he persisted, for the gold was nearer than he thought.

In times when it seems that things have eroded from our lives and we are depressed let us turn our whole situation over to God. He has promised to give us strength to be persistent, and He has promised to help us and take care of us. Patience, forbearance, tolerance, perseverance, persistence, endurance, strength, stamina, they are all good words, and their meanings mean a lot. But, there is another good word that means a lot too -- FAITH. If there is any one thing we need more of in our lives it is faith; faith in God, faith in each other, faith in ourselves. It was during a time of suffering and exile that Isaiah the prophet said to the nation: "They that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; they shall walk, and not faint." (Isaiah 40:31) There is a message here for all of us.

HAWK-EYE

Tells it — The Way It Was!

By Geo

"Corpsman".....you have not always been called a "corpsman." In 1775 you were called "waisters" because the space set aside for patients was usually at that time located in the waist of the ship. In 1798 you were known as a "loblolly boy" which was the porridge served to patients. By 1818 an area of the ship, in the bow, below the water line, was established as a "sick bay," the corpsman became a "nurse" and later in 1873 a "bayman." By 1898 this evolved to "Hospital Steward, Hospital Apprentice First Class and Hospital Apprentice." In 1916 a rating structure was established with "Chief Pharmacist's Mate, Pharmacist's Mate First, Second and Third Class and Hospital Apprentices First and Second Class for non-rated." It was not until 1948 that the rating became as it is today "Hospital Corpsman," the Navy's "Most Honored Men."

the
Family
Line.....

By HM3 D. A. Shelley, USN

The Family Practice concept of medicine is a unique innovation recently adapted by the Navy Medical Department. Family Practice provides the family unit with one physician for all the medical needs of the family, which includes pre-natal care, sports physicals, school physicals for children, well baby checks and gynecologic treatment for females. The Family Practice physician receives his training in one of the Navy Resident programs or can be commissioned from civilian practice.

Family Practice Service at NRMC Orlando has two branches: one located in the Out-Patient Building at NRMC proper and one at the NTC Annex. Each branch is fully staffed with physicians, nurse practitioners and clinical support personnel.

In future editions of VITAL SIGNS, individual staff members will be recognized and specific activities of the services related.





Federal Women's Program

By Gail Wold, NRMC's FWPM

Let me introduce myself - I am your Federal Women's Program Manager, a military personnel clerk typist and a member of the Army Reserves where I serve on the Junior Leadership Council. I moved to Orlando from Ft. Indiantown Gap, PA, where I worked as a Data Analyst. (I came to Florida to warm my bones!)

As YOUR Federal Women's Program Manager (FWPM), I hope to provide meaningful programs, information and guidance, not just to women, but to the staff in general. I solicit your support of these programs and suggestions for the future. Our women's program can only be as good as I am made aware of your needs and desires.

In next month's column, I will give you a critique of the past two in-house programs - "Issues on the November Ballot" and "Upward Mobility." Look for future announcements on YELLOW fliers.

Have a very MERRY CHRISTMAS and a very HAPPY NEW YEAR!



Party Time!

HOSPITAL STAFF CHRISTMAS PARTY will be held at 1900, Saturday, 9 December, at the Middle Three Club.

Dancing Buffet Cash Bar
Local (??) Entertainment and Cash prizes!

Ticket Sales end 4 December!!!!!! Get your ticket from:

Officers: \$2.00 See CDR ROMANO,
LCDR SMITH, LCDR ROY,
LTJG WALSH

Enlisted: \$1.00 See HMCM PHILLIPS,
HMCS RYAN, HMC STOCK-
BERGER, HM2 FOSTER

Civilian: \$2.00 See Gail Wold (Military
Personnel Office)

Oakleaf

Auxiliary

The Oakleaf Auxiliary is most pleased to have been asked to be a contributing member to the NRMC Orlando newspaper. We are sure this will be another important means of disseminating information to all who are interested in our club. Since new wives are continually arriving at our command, we thought this would be an excellent opportunity to review the requisites for membership. We wish to invite all wives and widows of active duty and retired Medical Department officers of all branches of the Armed Forces. This includes all Medical Corps, Dental Corps, Medical Service Corps, Nurse Corps, Medical Service Warrant and Dental Service Warrant. Our membership also includes female officers, active and retired, of the Navy Medical Department assigned to local Naval activities or residing in the Orlando area.

Since the purpose of the Oakleaf Auxiliary is both social and benevolent, we are most proud of our efforts at the recent Christmas Bazaar, which proved a grand success. Thanks to the time and talent of so many of our loyal members, the Oakleaf booth realized proceeds in excess of \$800! We would most sincerely like to thank all who supported us in our effort to contribute to the well-being of patients and staff.

Our formal Christmas Holiday Party will be held 8 DEC at the Officer's Club. Cocktails at 1830 followed by dinner and dancing to the music of the Navy's own band, "the Sideboys."

We are pleased to announce that our Commanding Officer's wife, Mrs. Janet Zimble, will hostess our December function - a trip to Lock Haven Art Center - 14 DEC.

We would like to take this opportunity to congratulate all the members of our Navy family, who recently received promotions. Their accomplishments are a credit to themselves and to all of us.





ASK THE SKIPPER



CAPT J. A. ZIMBLE, MC, USN

I hope you share my delight with this new development at NRMCM Orlando. A command newspaper is the best way to pass the word. I applaud the successful efforts of the VITAL SIGNS' staff. With their demonstrated enthusiasm, they cannot help but succeed. Naturally, one of their more enthusiastic endeavors was to persuade me to contribute a regularly occurring column. They reminded me that the only tangible proof of my support for this enterprise is in so doing; therefore, I shall do so.

In this column, it is my desire to extinguish rumors, explain policy, correct misconceptions and, hopefully, provide answers. I have chosen a question-and-answer format. Although I lack the expertise of Dear Abby, I'll certainly try to accomplish the objectives I've cited above. Of course, in subsequent articles I shall require your questions and comments to make this format work. You may submit input by phone or note, signed or anonymous, to Master Chief Clements (Ext. 4313). You supply the meat; I'll supply the gravy.

For this first issue, however, it is necessary that I put the question:

HOW COME WE NEED A COMMAND NEWSPAPER?

Ah, that is a fine question for the first issue of VITAL SIGNS! VITAL SIGNS means just that -- a medium for providing vital communications to all hands. NTC's Nav-a-gator brings us important information, but it does not have the resources to meet all the special needs of the NRMCM. In VITAL SIGNS, you will find entertaining and informative articles about your workers and your work place. VITAL SIGNS is to be tailored to your specific needs. If it does not meet that obligation, let the staff know. Better yet, join the staff!

PIPE

NINE



HMCM J. H. PHILLIPS, USN

COMMAND MASTER CHIEF READY TO HELP

The Command Master Chief is your key to the front office. When policies concerning enlisted personnel are made and personal problems solved, your Command Master Chief is involved. Unlike any other person in the chain-of-command, except the Director of Administrative Services and Director of Clinical Services, the Command Master Chief has direct access to the Commanding Officer.

In order to get a feel for the opinions of the enlisted staff, the C M/C spends a lot of time visiting the NRMCM spaces. He is on the advisory board of the Base Commissary, Navy Exchange, Enlisted Clubs, Composite Recreation Committee, and access to all Command Master Chiefs at NTC Orlando. So if you have a problem with any of these base services, get in touch with the C M/C.

An important aspect of the position is that problems brought to the C M/C must first have been brought through the appropriate chain-of-command. Only if the chain-of-command breaks down should an individual bring the problem to the C M/C. Of course, advice and counseling is available at any time. Call me on 5973 or 4313 on the beeper.

WHOOOZZIT?



CAPTAIN
JANET M. REDGATE
NURSE CORPS
USN

Chief,
Nursing Service